

MasterChef **FANS & FAVES**



RECIPE BOOK

10

7.30 Sun-Thurs
From Easter Monday

SASHI CHELIAH'S PAN FRIED SNAPPER

WITH PARSNIP PUREÉ, SAUTÉED MIXED MUSHROOMS, SALT BUSH DUST AND FISH JUS

Serves 4

Saltbush Dust

20g (about 1 stem) saltbush

Fish Jus

2 x 900g whole snapper
2 tbsp grapeseed oil
50g (about 2-3 stems) saltbush
50g mixed mushrooms
1 tsp salt
1 tsp sugar
1 tsp white vinegar
2 tsp white pepper
2 tbsp butter

Parsnip Pureé

300g parsnip, peeled, diced
100g unsalted butter
100ml pouring cream
salt, to taste

Sautéed Mushrooms

200g mixed mushrooms
50g butter
salt, to taste
2 tbsp honey

Pan Fried Snapper

Reserved snapper fillets (from Jus)

2 tbsp olive oil

Salt, to taste

Fresh saltbush leaves, to garnish

1. Preheat oven 160C.
2. For the Saltbush Dust, place the saltbush on a baking tray and place in oven to bake until the leaves are crispy, about 40 minutes. Remove from oven, set aside to cool.
3. Strip leaves from cooled stem and crush into a powder, using a mortar and pestle. Set aside until serving.
4. For the Fish Jus, fillet snappers, reserving bones and trimmings and set fillets aside, in fridge, until ready to pan fry.
5. Finely chop bones and trimmings and place in a large saucepan. Add oil and place over a medium high heat. Cook, stirring frequently,

until golden brown. Add saltbush, mushrooms, salt, sugar, vinegar and pepper and cook until mushrooms have browned, about 5 minutes.

Add 500ml water and bring to a boil. Reduce heat and allow to simmer until thickened and reduced by about half, about 10 minutes. Remove from heat.

6. Strain into a small, clean saucepan and return to a medium low heat. Add butter and whisk until combined. Allow to simmer until thick and smooth, about 5 minutes. Remove from heat and set aside, keeping warm, until serving.

7. For the Parsnip Pureé, bring a small saucepan of water to a boil. Add parsnip and cook until tender, about 20 minutes.

8. Remove from heat, drain water and place parsnip into a food processor. Add cream, butter and salt and process ingredients to a smooth pureé. Pass pureé through a sieve, season to taste and set aside, keeping warm, until serving.

9. For the Sautéed Mixed Mushrooms, cut any larger mushrooms in half, keeping smaller mushrooms whole. Heat a small pan over medium heat. Add butter, mushrooms and salt and sauté until mushrooms are golden and tender, about 4-5 minutes. Remove from heat and drizzle with honey. Set aside, keeping warm, until serving.

10. For the Pan Fried Snapper, place oil in a large frypan and set over medium heat. Season snapper with salt and fry, skin side down, pressing fillet with a metal spatula, until flesh is opaque halfway, about 5-6 minutes. Turn and cook until fillet is almost cooked through, about another 1-2 minutes. Remove from heat, immediately remove fillets from pan and set aside, loosely covered to keep warm, until serving.

11. To serve, place two tablespoons of Parsnip Pureé onto each serving plate. Top with Pan Fried Snapper and sprinkle with Saltbush Dust. Add Sautéed Mushrooms and garnish with fresh saltbush leaves. Serve with Fish Jus on the side.





SASHI CHELIAH'S DUCK NOODLES WITH DUCK SAUCE

Serves 4

Duck Sauce

Duck carcass
2 stalks lemongrass, roughly chopped
½ bunch coriander roots,
roughly chopped
2 long red chillies, roughly chopped
3 tsp vinegar
1 tsp sugar
20g unsalted butter
salt, to taste

Noodles

100g plain flour, plus extra for dusting
1 egg
½ long red chilli, finely chopped
4 coriander stems, finely chopped
Reserved duck meat from
the Duck Sauce
Salt, to taste

Duck

4 duck breasts
1 lemongrass stalk
2 red chillies
½ bunch coriander roots
Salt, to taste

coriander leaves, sliced bird's eye
chilli and sliced lemongrass, to garnish

1. Preheat oven to 180C.

2. For the Duck Sauce, chop duck carcass into small pieces and place into a large frypan. Place over medium heat and cook, stirring, until browned and fat has rendered out, about 10 minutes. Add lemongrass, coriander roots and red chillies and cook, stirring occasionally, for 4 – 5 minutes. Add 1 litre of water and cook until liquid has reduced and has thickened slightly. Add vinegar, sugar and a pinch of salt. Strain the sauce through a fine sieve into a small saucepan, reserving solids.

3. Set saucepan over medium heat and simmer liquid until has reduced and thickened. Remove from heat, add butter and whisk until combined. Season with salt and set aside, keeping warm, until serving.

4. Remove any duck meat from reserved stock solids and set aside for Noodles.

5. For the Noodles, mix the flour and egg together in a medium bowl to form a dough. Transfer to a clean, lightly floured bench and knead for 4 – 5 minutes. Wrap in cling film and allow dough to rest for 20 minutes.

6. Knead the dough briefly, again, and divide into two portions. Pass a portion through a pasta

machine from thickest to thinnest setting then pass through the spaghetti attachment.

Toss noodles lightly in flour and set aside until serving. Repeat with remaining portion of dough.

7. For the Duck, place lemongrass, chillies and coriander roots into a small food processor and blend to a smooth paste.

8. Lightly score skin of duck breast, season with salt and place skin side down into a cold, oven proof frypan. Place over a medium heat and cook for until fat has rendered and skin is golden brown, about 10-12 minutes.

9. Spread 1 tablespoon of blended paste over the duck flesh, transfer pan to the oven and cook for 8-10 minutes. Remove pan from oven. Turn duck breasts over to sear for 1 minute then remove from pan, reserving pan juices, and set aside to rest for 5-10 minutes, before serving.

10. To serve, cook the Noodles in salted boiling water until just tender, about 2 minutes. Drain well and transfer to a medium bowl. Add the reserved duck meat, chilli, coriander stem and salt and toss gently. Divide into 4 serving bowls. Slice the Duck and add to the bowls. Drizzle with pan juices and garnish with chilli, lemongrass and coriander leaves. Serve Duck Sauce on the side.



ALDO ORTADO'S NONNA LUCIA'S OCTOPUS

Serves 4

Vegetable/canola oil,
for deep frying

Octopus

4 tentacles of Fremantle octopus
4 star anise
16 black peppercorns
8 bay leaves
1 cup Italian olive oil

Cauliflower Purée

1 cauliflower, cut into small chunks
140g butter
200ml milk

Parsnip Chips

2 parsnips

Tarragon Sauce

5 tbsp of extra virgin olive oil
pinch sea salt
1 bunch tarragon, leaves picked
1 tbsp lemon juice

Micro tarragon to garnish

Sea salt and freshly cracked
Black pepper, to season

1. Preheat sous vide machine to 90C.
Fill and turn deep fryer on to 180C.

2. For the Octopus, put the tentacles into a vacuum bag with star anise, black peppercorns, bay leaves, olive oil and a pinch of sea salt. Seal the bag and gently place in the sous vide machine to cook for 40 minutes.

3. For the Cauliflower Purée, place a medium saucepan of water over high heat and bring to the boil. Add the cauliflower and cook until tender, about 20-25 minutes. Drain the cauliflower and place into a blender with 100g of the butter, milk, salt and pepper. Blend until smooth, about 3 minutes then pass through a fine sieve into a clean saucepan and place over low heat. Add the leftover butter and cook, stirring occasionally for a further 5 minutes. Season with salt and black pepper to taste.

4. For the Parsnip Chips, peel the skin off the parsnip, then use a vegetable peeler to shave the parsnip into thin ribbons. Place the ribbons into a bowl of water and soak for 5 minutes. Strain and pat dry with paper towel. Once the deep fryer is at temperature fry the parsnip chips until golden, will take 3 to 4 minutes. Remove, drain on paper

towel and season well with salt.

5. For the Tarragon Sauce, place 4 tablespoons of the olive oil, tarragon leaves and a pinch of salt into a mortar and pestle. Grind until a smooth, green oily paste is achieved. Strain through fine sieve into a Thermomix, gently pressing down on the tarragon pulp to release the oil. Add lemon juice and remaining olive oil and process for 3 minutes on high speed until foamy. Strain into a clean serving jug in the fridge and set aside to settle.

6. To finish cooking the Octopus, preheat the char grill over high heat. Once the octopus is ready, open the vacuum bag and grill octopus until char marks appear on all sides, about 2-3 minutes.

7. To serve, spoon some of the Cauliflower Purée onto the serving plate. Cut the Octopus into 5 pieces and arrange it around the purée. Grab a handful of Parsnip Chips and place on top of the octopus. Remove the sauce from the fridge and stir to re-emulsify. Pour a little sauce over the octopus immediately before serving. Garnish with micro tarragon.





MINOLI DE SILVA'S SALT BAKED BEETROOT WITH ROAST POTATO, GREEN HERB SAUCE AND ROASTED PEPPER SAUCE.

Serves 4

Salt Baked Beetroot

1kg flour
500g fine salt
750ml water, approximately
6 medium multicoloured beetroots,
washed and dried

Roast Potato

2 large Dutch cream potatoes
1 tbsp olive oil

Roasted Pepper Sauce

1 large green capsicum
1 tbsp water
1-2 tsp apple cider vinegar, to taste

Green Herb Sauce

1 bunch basil leaves
1 bunch parsley leaves
1 Russian Red kale leaf
½ cup extra virgin olive oil
2 tsp apple cider vinegar

Salt flakes and pepper, to taste

Green and purple micro basil
leaves, to garnish

1. Preheat the oven to 180°C.

2. For the Salt Baked Beetroot, combine the flour and salt in a mixing bowl and slowly add water until a soft dough forms. Knead until smooth. Divide the dough in half and roll each portion out onto a sheet of baking paper until

approximately 1.5cm thick.

3. Evenly space the beetroots on the dough. Trim the dough around each beetroot to a size large enough that the round of dough can wrap around and enclose the beetroots completely. Pinch any open edges to ensure that beetroots juices can't escape during cooking.

4. Bake the wrapped beetroots for 1 hour, then set aside to cool to room temperature.

5. Gently break the salt crust open and remove the beetroots. Cut each beetroot into wedges just before serving.

6. For the Roast Potato, place each potato onto a square of foil and drizzle with olive oil and season with salt and pepper. Wrap potatoes tightly in foil and bake in the oven until tender, about 30 minutes.

7. Remove the foil and bake until skins are browned and crisp, a further 10-15 minutes.

8. For the Roasted Pepper Sauce, place the capsicum directly onto an open flame on the highest setting, or on a rack over a very hot coal grill. Use tongs to turn regularly until skin is charred all over.

9. Transfer to a heatproof bowl and cover with a plate. Set aside to steam for 5 minutes. Discard the skin, stem and seeds.

10. Transfer the flesh to a blender with 1-2 tablespoon water and blend until to the consistency of thickened cream. Add vinegar, salt and pepper to taste.

11. For the Green Herb Sauce, blanch the green herbs for 10 seconds in boiling water, and immediately transfer the leaves to an ice bath. Drain well and gently squeeze dry with several layers of paper towel.

12. Place herbs into a blender and process while slowly adding the oil in a thin stream. Add vinegar and salt to taste and blend until the sauce is smooth. The sauce should taste fresh and bright, without being sour or salty. Strain through a fine mesh sieve and set aside in the fridge.

13. To serve, place 2-3 dollops of roasted pepper sauce on each plate. Arrange the beetroots and roasted potato in the centre of each plate and drizzle the green herb sauce around the veggies. Garnish with fresh micro basil leaves. Sprinkle a little flaked salt over the entire dish for extra crunch and seasoning.



TOMMY PHAM'S CHILLI SALT PHEASANT

WITH LEMON CHILLI
SALT DIPPING SAUCE,
FRIED STICKY
RICE BALLS AND
PEASANT SAUCE.

Serves 3-4

Chilli Salt Pheasant

4 tbsp oyster sauce
4 tbsp shio koji
2 tbsp fish sauce
3 tbsp treacle
1 pheasant, butterflied
4 large red chillies
2 large green chillies
6 bird's eye chillies
2-4 tbsp sea salt
1 tbsp sumac
1 lime, juiced
coriander, finely chopped

Crispy Fried Sticky Rice Balls

1 cup glutinous rice, washed
and strained
2/3 cup water
pinch salt
1L vegetable oil

Peasant Sauce

4 rashers streaky bacon,
finely chopped
½ red onion, minced
5 cloves garlic, minced
2 bird's eye chillies, minced
1/3 cup fish sauce
1/3 cup caster sugar

Lime Chilli Dipping Sauce

1 tsp sea salt
2 kaffir lime leaves, finely sliced
¼ cup lime juice
Reserved 2 tbsp chilli mixture

Carrot and cucumber sticks and
star fruit slices, to garnish



1. Pre heat oven to 180C.
Prepare a hibachi or coal BBQ.

2. For the Chilli Salt Pheasant, mix the oyster sauce, shio koji, fish sauce and treacle syrup in a large bowl. Add the pheasant and rub with the marinade. Set aside to marinate for 25 minutes.

3. Place the pheasant onto a lined tray and roast in the oven for 15 minutes.

4. Add the chillies, sumac, lime juice (to taste 1 tablespoon at a time) into a food processor and pulse until a paste forms.

5. Reserve 2 tablespoons of the chilli mixture for the Peasant Sauce.

6. Remove the pheasant from the oven and brush with the remaining chilli mixture.

7. Place pheasant onto the hibachi and cook until charred and temperature of the breast reaches 60C and thigh joint reaches 70C. Remove from the heat and set aside to rest.

8. For the Crispy Fried Sticky Rice Balls, preheat the oil to 180C. Bring a saucepan of water to the boil.

9. Place the rice and water into a

shallow bowl and place into a bamboo steamer. Steam over simmering water for 25 minutes. Remove the basket and set aside, covered, for 5 minutes.

10. Fluff the rice and set aside on the bench to cool.

11. Shape rice into 12 balls then fry the balls in the oil until golden, about 3-4 minutes. Remove from the oil and set aside on paper towel.

12. For the Peasant Sauce, place the bacon into a frypan over medium heat. Cook until crispy, then remove the bacon bits and set aside.

13. Return the frypan to the heat. Add the onions and cook until soft. Add the garlic and chillies and cook until soft.

14. Add fish sauce and sugar and cook until thick, syrupy and caramelised, about 5-7 minutes. Remove from the heat. Return bacon to the pan, stir through then transfer to a serving dish.

15. For the Lime Chilli Dipping Sauce, add sea salt, lime leaves, lime juice to the reserved chilli mixture and mix well to combine. Set aside to serve.

16. Place the pheasant, rice balls, sauces and garnishes onto a board to serve.

TOMMY PHAM'S BÁNH BÈO

Makes 15

Steamed Rice Cakes

1 cup rice flour
1 tbsp tapioca flour
1 cup water
1 cup boiling water
1 tsp oil
¼ tsp salt

Mung Bean Paste

½ cup split and peeled mung beans, washed
2 cups water
Salt, to taste

Prawn Crumb

5 green extra large King prawns, peeled
½ tsp fish sauce
¼ tsp salt
¼ tsp sugar
½ onion, diced
4 cloves garlic, minced
4 tbsp grapeseed oil
25g dried shrimp, softened in water
salt, to taste

Prawn Essence Oil

Shells and heads from 5 prawns
10 dried bird's eye chillies
150ml grapeseed oil
1 tsp salt

Spring Onion Oil

7 sprigs spring onion, chopped
125ml grapeseed oil
salt, to taste

Fried Croutons

4 slices white sourdough bread
50ml strained Spring Onion Oil

Nuoc Mam Dressing

3 tbsp warm water
3 tbsp sugar
3 tbsp fish sauce
1 tbsp lemon juice
1 clove garlic, minced
1 small bird's eye chilli, minced

1. For the Steamed Rice Cakes, bring a wok of water to the boil.

2. Place rice flour, tapioca flour, water, oil and salt into a large bowl and mix well. Add the boiling water and whisk until smooth. Set aside to rest mixture for 15 minutes.

3. Pour mixture into 15 shallow 9cm diameter sauce bowls or ramekins to a depth of 1.5cm.

4. Place 5 ramekins into a 26cm steamer base, cover and steam over boiling water for 6 minutes.

5. Repeat steps 4-5 with the remaining mixture or stack 3 layers and steam all rice cakes at the same time. Remove ramekins from the steamer and set aside.

6. For the Mung Bean Paste, place the mung beans and water in a saucepan and bring to a boil.

7. Reduce heat to medium and simmer until mung beans are soft, approximately 30 minutes, skimming the surface of any scum as required.

8. Strain mung beans and mash to a paste using a mortar and pestle. Season with salt and set aside.

9. For the Prawn Crumb, marinate the prawns with the fish sauce, salt and sugar for 5 minutes.

10. Cook prawns in a pan over medium heat with 1 tablespoon oil for approximately 10 minutes, constantly turn the prawns while cooking.

11. Remove prawns and set aside to cool. Transfer to a food processor along with the drained softened shrimp and pulse until a coarse crumbly texture is achieved.

12. Fry onions and garlic in 3 tablespoons oil until soft. Add the prawn mixture into pan and cook until a golden brown crumbly texture is achieved. Season with salt. Remove from the heat and set aside.

13. For the Prawn Essence Oil, roughly chop prawn heads, shells and chillies then place into food processor along with remaining ingredients. Process for 30 seconds to break everything down.

14. Transfer to a saucepan and bring to 120C, over 15 minutes while constantly stirring and monitoring temperature. Strain oil through a fine lined sieve into a bowl.

Allow the solids to settle then spoon off red oil on top and place into a small serving bowl and set aside.

15. For the Spring Onion Oil, place the spring onion and oil in a saucepan and cook over low heat until spring onion is soft. Season with salt to taste and set aside.

16. For the Fried Croutons, remove the crusts and chop the bread into 1cm cubes. Place bread and oil into a frypan and cook over medium heat, stirring constantly, until golden brown.

17. For the Nuoc Mam Dressing, mix water and sugar together until sugar has dissolved. Add remaining ingredients and stir to combine.

18. To serve, place ramekins of rice cakes onto a tray. Top each with ½ tablespoon of the mung bean paste then ½ tablespoon shrimp crumb on the paste. Drizzle with ½ teaspoon shrimp oil, then ½ teaspoon of the spring onion oil. Finish with 3 pieces croutons and dress with the Nuoc Mam Sauce.



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